

PEEL WEEKLY NEWS

MISSISSAUGA | BRAMPTON | CALEDON

Apr. 1, 2021

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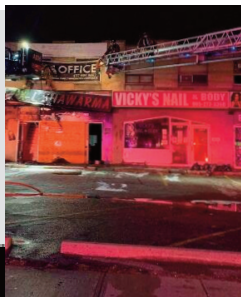
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PEEL WEEKLY NEWS

MISSISSAUGA | BRAMPTON | CALEDON

Apr. 1, 2021

Restaurant goes
up in smoke as
crews battle
two-alarm blaze



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looks to future
in Green
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Brampton During
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Local Alton
artist shines
with verve and
vitality



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Dufferin County
expands
para-medicine
program



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by Alex Gregory

Kidnapping victim found safe, as search begins for suspect



Kwame Garwood (inset) is wanted in connection with the kidnapping of a female victim in Brampton, who was subsequently located safe by Peel Police. Representatives from the force are asking anyone with information regarding the case to come forward. (File Photo)

Police are on the lookout for a dangerous offender as the victim of a kidnapping was found safe and sound this past weekend.

Police say a warrant has been issued for 21 year-old Kwame Garwood in connection with multiple offences, including kidnapping and aggravated assault.

22 Division's Criminal Investigation Bureau stated this past weekend that officers attended a property on Adventura Drive in Brampton early Sunday morning (Mar. 28) around 3 a.m., after calls regarding a distur-

bance. When they arrived, a conversation ensued between Garwood and officers. Soon afterwards, Garwood fled the scene in a vehicle with a female victim, 23 year-old Salina Ouk, inside. Officers located the vehicle, left abandoned a short time later.

Ouk later attended 22 Division Monday evening by herself, and was transported to a hospital with non-life-threatening injuries.

Police say they have spoken with her regarding her kidnapping and treatment during the interven-

ing period.

Garwood is sought by police for a number of offences, including kidnapping, forcible confinement, aggravated assault and possessing an unlicensed weapon.

He is believed to be armed and dangerous, and residents are asked to refrain from interacting with him and to call 9-1-1.

Residents with information regarding the case are asked to call 22 Division at (905) 453-2121, ext. 2233.

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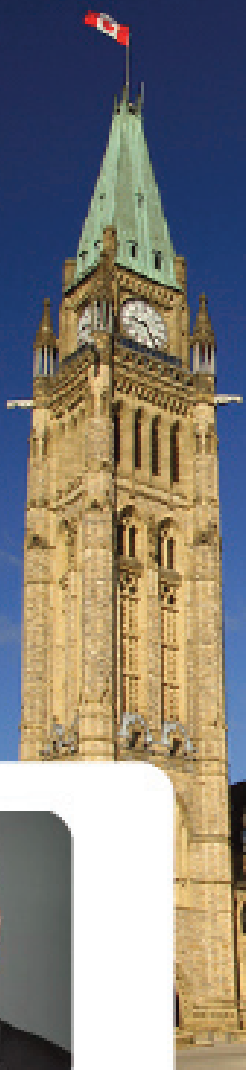




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Parents get a leg up as province boosts child care benefit

by Surjit Singh Flora and Alex Gregory

On the back of a sprawling 2021 budget, Education Minister Stephen Lecce unveiled plans Wednesday to boost a child care benefit for families during the COVID-19 pandemic.

\$400 will be given per child as part of the new benefit, which is planned to begin on Apr. 26.

"With greater access to vaccines, we will defeat this

pandemic. Until we get there, our government will continue to step up to support families with additional financial support and childcare relief," Lecce said Wednesday afternoon during a press conference held at the Boys and Girls Club of Durham.

Lecce was joined by Minister of Finance Peter Bethlenfalvy to

announce the supports, which boast a \$980 million pricetag and are the third such round of payments as part of the Ontario COVID-19 Child Benefit Payments, which are aimed at offsetting learning costs.

The supports will deliver \$400 per child in Grade 12 or younger, or \$500 per youth with special needs up to the age of

21.

The government is automatically providing this round of payments to parents who received Support for Learners payments, and they can expect money to begin flowing on Apr. 26. Parents who did not apply for or receive the Support for Learners program can apply for the new funding starting May 3, with a deadline of May 17.

The new round of fund brings the price of direct support to parents up to \$1.8 billion since the pandemic began.

"Every parent in Ontario has faced new pressures due to COVID-19," said Minister Bethlenfalvy. "For some, that includes financial challenges caused by the pandemic. For many, it includes new expenses to support

virtual learning or childcare. And for all, it includes anxiety about their child's future in a world that will look different than it does today. While our government can't make this pressure go away, we can provide a helping hand. By putting more money back into parents' pockets, Ontario families will be stronger. And strong families make a strong province."

The provincial budget, announced last week, also proposes a 20 per cent enhancement to the Childcare Access and Relief from Expenses (CARE) tax credit for 2021. This would increase support from \$1,250 to \$1,500, on average, providing about \$75 million in additional support for the childcare expenses of over

300,000 families. "We know affordable childcare will be critical," said Lecce. "While we need the federal government to dramatically step-up support for childcare — currently supporting only 2.5 per cent of childcare costs in Ontario — our government is taking immediate action to help parents save more on their child care costs."

Lecce also indicated Wednesday that the normal April Break holiday is expected to go forward as normal throughout the province, though that may change based on the province's imminent announcement of a four-week provincial lockdown to curb rising COVID-19 cases.

Look for additional information in future editions of Peel Weekly News.



Education Minister Stephen Lecce (centre) speaks during a press conference held at the Boys and Girls Club of Durham on Mar. 31, 2021. (Photo Courtesy of Lindsay Park)

Caledon adopts downtown revamp plan

by Alex Gregory

The Town of Caledon voted late last month to "boost Bolton" with the adoption of a new downtown revitalization strategy.

The Bolton Downtown Revitalization Plan, approved at last week's Council meeting, will guide Town staff and councillors on future actions and investment to improve the historic downtown area for residents, business owners and visitors.

"This is a big step

forward in reimagining Downtown Bolton," Mayor Allan Thompson said Wednesday. "Council has been very supportive of this plan and we will continue to work with the community on the revitalization of the historic downtown core of Bolton."

The Town will also appoint a task force comprised of ward councillors, local business owners and community representatives to aid in development

of the strategy and garner feedback.

The plan includes an extensive list of recommendations to rejuvenate the downtown core, including implementation of a vacant commercial property registry; permanent adoption of the Town's parking pilot program in Bolton; cutting down on red tape and redesigning the public realm in to encourage more recreational and entertainment activities.

Police search for leads after fatal collision

Witnesses are being sought after a collision that claimed the life of a cyclist riding in the Dundas and Glen Erin Drive area last week.

Peel Police's Major Collision Bureau said the incident occurred last Thursday (Mar. 25), around 8:12 p.m., when first responders arrived after the victim, a 38-year-old woman from Mississauga, was struck by a vehicle while riding her bicycle in the

area. The victim was transported to a trauma centre with serious injuries.

Police say the driver fled the scene and was last seen in a white Chrysler 300 sedan heading south on Liruma

Road. The vehicle had damage to its front passenger side.

Anyone with information is asked to call police at (905) 453-2121, ext. 3710.



STAY IN TOUCH

PEEL WEEKLY NEWS

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PEEL
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Digital Newspaper

Hey Doug? Hey Justin! Where's my vaccine?



Peter Whitaker
Publisher

It's now Apr. 1... but I'm not in the mood for an April Fool's joke.

Watching the world, the U.S. and the UK, it's evident that vaccines are doing the work, so how come we are lagging behind these and other counties?

I was under the impression we had some clout and were the equals to those two powerhouses, but apparently we're not.

The last time I read a history book,

we were a key player to many of the military and economical successes that those two have enjoyed, but now the availability of vaccines is in question.

We actually approved the use of some of the vaccines ahead of the U.S. and UK, so why are we riding in the back seat to them?

What's being proven is that those countries are returning to normal quicker and faster because the popula-

tions is not getting the virus, the spread is slowing down as more and more people get vaccinated.

We need our vaccines now! Not three or four month from now... Now!

I'm 64, and listening to the news claiming that residents will soon need a vaccine to travel — a vaccine passport — we're not out of the woods yet.

We are not caught up to the other countries, and we will not be going anywhere soon.

Trust me a lot of people are poised to book some sort of holiday as soon as the airlines permit travel to Mexico,

Cuba and the Caribbean and a slew of other destinations.

We need to be on par with those countries when the all clear is in place, and it will not be acceptable if we're not. This could be a deal breaker for anyone vying for re-election in a year or two.

The U.S. has 334 million people. Of those, 47 million have had the vaccine with three million getting the vaccine each day.

Meanwhile, the UK has 80 million people, 39 million are vaccinated with about one million per day getting the shot.

Our numbers are 4.5 million done to date, and we are a country of 34 million.

Let's take a quick look at percentages, the U.S. - 17 per cent, UK - 46 per cent, Canada - 13 per cent.

Both those other countries have vaccinated more than our entire country. We're running behind the curve.

It is imperative that our governments get this done, because how you've handled this pandemic is going to determine whether or not you get re-elected!

I'm still waiting for my shot!

Province boosts support for victims of crime in Dufferin County

by Alex Gregory

One of the province's most underserved areas will get a lifeline for victims of crime.

The provincial government announced plans Wednesday to invest more than \$1 million into Dufferin County to support support services for victims of sexual abuse — part of funding revealed through last week's budget.

The new services will support female victims and survivors of sexual assault through counselling, peer support, advocacy and 24-hour crisis support by phone.

Attorney General Doug Downey and Dufferin-Caledon MPP Sylvia Jones said that the funding will be provided over the next three years, and will be support

local organizations and partners through a request for proposals to deliver services.

"Dufferin County has long been underserved in terms of supports and services for victims of sexual violence, and I'm proud of the historic work our government has done to bring these vital new services to our region," Jones said Wednesday. "Our government will continue to stand-

up for victims of crime in our region and invest in the growth of safer communities."

A pilot program that previously offered up to four hours of free legal advice to survivors of sexual abuse in Toronto, Ottawa and Thunder Bay will also be expanded across the province, beginning on May 1.

In a statement Wednesday, the province said it

would be working with victim service organizations to improve collaboration across the sector and make it easier and quicker for victims to find services when they need them.

"Our government is committed to protecting and supporting victims of crime in every region of our province, including in rural and Northern communities," said Downey. "The investments

will help ensure victims and survivors can access supports and services when they are needed most, no matter where

Oversight and accountability will also be key as the new supports roll out, with a new complaints resolution program, and modernization of the Office for Victims of Crime are all planned to help victims.



Opinion

Provincial investment a prank or long-awaited reality?



**Surjit Singh
Flora**

Column

Two long-term care centers, a medical university campus and a second hospital for Brampton.

I hope the same prank with Bramptonians played in the Wynne era isn't repeated again.

The province confirmed last week Brampton will be getting its long-awaited second hospital in the form of an expansion to Peel Memorial Hospital.

Provincial Finance Minister Peter Bethlenfalvy announced the hospital upgrade in government funding plans as part of his sweeping 2021 budget package.

"I can't tell you how happy I am today that we finally got this provincial commitment," said Mayor Patrick Brown last week, noting that the new addition will have an emergency department.

"This push for a second hospital has been 15 years in the

making, and it is overdue. We're finally going to see a second hospital for Brampton with Phase 2 of Peel Memorial."

On Mar. 26, Premier Ford and Deputy Premier Christine Elliott were on-site at Peel Memorial to announce \$18 million in support for William Osler Health System.

The second phase of development for Peel Memorial involves constructing a new inpatient building and the expansion of the Urgent Care Centre to 24/7 operations, paving the way for an eventual emergency department. 250 new beds will also be funded at the site.

This statement is important because the Ontario government, despite Patrick Brown being Mayor of Brampton, has made a good start in announcing new projects for the city in this year's budget.

The good news is that even when Linda Jeffrey was Minister of Municipal Affairs, she won from Brampton and

represented the Ontario Parliament.

Despite Jeffrey becoming the mayor of Brampton and having a strong Liberal government in the province, this humble city's demands were met with nothing but talk.

As the provincial election is coming up next year, I'm still wondering if all these projects were announced just to get the votes.

As far as the Ontario budget as a whole is concerned, with a historical deficit of \$33.1 billion, the government has made it a clear priority to provide relief to families and work hand-in-hand during the COVID-19 pandemic.

Critics point out that the budget does not pay much attention to long-term outcomes. The question is, if the government had not set aside \$171 billion out of the total \$186 billion in the budget for COVID-19 alone, critics would still be upset.

The argument is that a government that is preoccupied with tomorrow's concerns does not

care about Ontario's people today.

It should not be forgotten that the \$33.1 billion budget deficit created by COVID will not be met before 2029. This is the estimate of the Progressive Conservative government. But if the Liberal or NDP government comes in the meantime, then the "God of deficit" in the budget will be their protector. The \$1 billion budget deficit cannot be met before 2029.

When it comes to budgeting for Brampton, it is no less than a miracle that the government will give Brampton important projects such as a hospital, a medical school (university) and two long-term care homes, even in these difficult financial times.

This is not the time to repeat the Peel Memorial Hospital's history (old Peel), which has seen many promises made — and left unkept.

From the criminal process of demolishing a good old building of Peel Memorial to building a costly walk-in

structure and tricks to bring Brampton Civic into disrepair, the record is long and still noted.

The announcement to establish a medical university under the leadership of Ryerson University in Brampton is also significant.

The emergence of a medical university in Ontario is a rare occurrence, and it is fortunate to have chosen Brampton for a significant medical school project this year.

I have to agree with Liberal Party leader Steven Del Duca, who, contrary to the NDP's reluctant response, is optimistic that we need to be happy with the facilities announced for Brampton.

No government's approach to the community's problems is 100 per cent accurate, but setting up a negative narrative in the community on everything the NDP does is often detrimental rather than helpful.

Impartial thinking shows that being happy in your city is the basis of happy people, and there are many happy

things for Brampton in this budget, without hesitation.

But many people are gossiping that Ford is banking on the plan to get local votes in 2022 and made no bones about the over-the-top move, as if Brampton taxpayers don't deserve proper healthcare without any strings attached.

Before the provincial election, the former Liberal government, led by Kathleen Wynne, announced in the spring of 2018 that it was committing \$90 million for a Ryerson satellite campus near the Brampton GO station.

However, that funding was cut later the same year, after Doug Ford's Conservative party took office.

The worse scenario is that until today, Bramptonians are paying a 2 per cent levy applied by Linda Jeffrey under the blanket of a Ryerson satellite campus no one was even aware of.

Hopefully, the same won't be pulled on Bramptonians again.

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Brampton man caught after weapon, drugs seized

An 18 year-old Brampton man is under arrest after police discovered a weapon and drugs during a traffic stop.

Peel Police said the incident occurred Monday evening, around 11 p.m., in the Highway 50 and Ebenezer Road area, when uniformed patrol officers conducted a traffic stop on a vehicle passing through the area.

Upon investigation, officers located a .22 caliber handgun in the vehicle, along with an as-

yet unidentified amount of an opioid.

Police arrested and charged Justin Sharma, of Brampton, with multiple offences, including unauthorized possession of a restricted firearm, possession and others.

Sharma appeared in Brampton court Tuesday to answer to the charges.

Anyone with additional information is asked to call 21 Division at (905)453-2121, ext. 2133.



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Future of city up for discussion as Brampton mulls official plan

by Clover Sterling

The future is up to you.

The City of Brampton is set to host a public workshop with residents, community groups, business owners and stakeholders next Saturday, Apr. 10, beginning at 10 a.m., to discuss the growth and future developments of the city.

The community meeting, which will be held virtually, is intended to help gather community input which will help guide city council as they enter the next phase of the “Brampton

Plan”, the City’s Official Plan Review.

Residents will have the opportunity to help create a roadmap of a “more vibrant, environmentally sustainable and healthier future,” representatives said.

The Brampton 2040 Vision: Living the Mosaic depicts a more sustainable and vibrant future for Brampton, Mayor Patrick Brown said last week.

“(The) Brampton Plan is a vital part of the process, and we look forward to furthering engagement

with residents and as we enter the next phase of our Official Plan Review,” said Brown.

“Together, we will establish a sound and thoughtful framework to ensure all city planning, projects and development are working together to implement the city’s longer-term vision.”

Brampton is the ninth largest city in Canada with a rapid growth of more than 700,000, a population three times higher than the provincial average since 2006.

Through the rest

of the year, the city said it plans to continue its extensive community engagement and consultation on the review of the Brampton 2040 Vision, which guides future initia-

tives and direction through the next 20 years.

Once the official plan is determined, city staff and council will determine the exact layout of essential infrastruc-

ture such as housing, businesses, parks, trails and natural areas.

For more information, visit brampton.ca/bramptonplan.



Location:

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Restaurant goes up in smoke as crews battle two-alarm blaze

Police are looking for eyewitnesses or information regarding a two-alarm blaze that destroyed a pair of Cooksville businesses this past weekend.

Fire crews responded to the corner of Hurontario and King Street, just north of the intersection, early Sunday morning after receiving reports of smoke and fire pouring out of

two businesses.

Crews extinguished the two-alarm blaze and began cleanup operations.

The two affected businesses, Just Incredible Wig Shop and X-L Sha warma, sustained heavy damage to their storefronts.

No one was injured in the blaze, while the cause of the fire is still being investigated.



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Opinion

In van attack case, are prosecutors looking for justice or fame?

by Vidya Gopaul

Ontario Superior Court Justice Anne Molloy was right when, a few weeks ago, she refused to state the real name of the suspect while delivering her verdict regarding the man who killed ten people and injured sixteen with his rental van on Yonge Street in the city of Toronto on Apr. 23, 2018.

She addressed him by "Mr. Doe," because she did not want him to get more recognition. She did the very right thing and justice by not using his real name!

I mean, I get that every person in North America has to have legal representation and have the right to a fair trial.

But when Doe admitted that he killed ten people and injured sixteen, and was planning to kill more had he

had chance to do so, then what chance is there to defend him?

He said himself that he did it for notoriety, infamy and to be in the media. Hence, my question — what is there to defend him from?

Right from the beginning, that case was already a losing battle for the defence lawyers who were trying to defend him on the basis of ASD (Autism Spectrum Disorder), which has never been done before. It was never written in Canadian law that autism can cause a crime, and therefore, to defend such case was unproductive in terms of money, time and effort.

The law is written in such a way that a person cannot be held responsible for a murder if that person is mentally

sick, but not if that person has autism.

I was very much offended by the lawyers who tried to defend Doe on the basis of ASD, because I have two very close relatives who have autism and do not display such behaviours. And there were a lot of parents who were also very upset that the defence lawyers that tried to link the killing and injuring the Torontonians to autism.

They too have said that such actions do not manifest in the relatives they know who have autism.

So the question is — why did the lawyers decide to take that case, when Doe already had admitted to the killings and to injuring innocent people?

Was it for them to become famous and achieve big finan-

cial gain?

For four to five weeks while the case was on trial, Doe accomplished what he wanted. That is, he was front-page, full-on in the media 24/7.

Numerous major news stories, videos and articles about him were broadcast, printed and recorded, and I am sure he enjoyed it.

The futile part of the entire trial (which makes me more doubtful about the motives of the defence lawyers) is that they were trying to examine the two minutes of Doe's brain activities just before he started the rampage on the road with the rental van. They were trying to determine whether he was able to determine from right and wrong.

What kind of findings were those -- ten innocent people

killed and sixteen were injured -- just to determine he was responsible or not?

The entire two minutes of his brain activity were being examined to determine if he was responsible of killing ten people and injuring sixteen?

I was really appalled with the objectives of the defence lawyers. Who is looking after the mental anguish of those who have lost their loved ones and those who were injured? Their mental state will be forever tormented by the two minutes of Doe's brain activity. So where is the justice or the priorities of the defence lawyers?

Another trial is going on in the U.S. about the person who killed multiple people in Boulder, Colorado. The defence lawyers want

to examine the state of his mind of the plaintiff before accepting the charges he faces.

What about accessing the minds of the citizens who have lost their dear loved ones? Try to spend time on them will a chance in the right direction.

There should be some provisions in the law stating that when all the evidence are right in front of our eyes and the defendants have already admitted that they have committed the crimes then the case should be dealt very swiftly without spending too much time, resources and money.

So the question is, "Where are our priorities?"

To find justice, or to make money and a name for yourself?



The Compass

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For The Compass, basics also include virtual connections

by Catherine Soplet

When The Compass Food Bank was founded in 2002 by a collaboration of Clarkson – Lorne Park area churches, its vision was to give food for body, mind and soul.

The Compass did this not only by making food available, but also by encouraging enhancement of health and life skills and creating social connection to bring foster a caring community.

“Our clients still cannot access our in-person programs, since the March 2020 lockdown,” says Mike Giguere, chair of The Compass board. “The COVID-19 pandemic created a very challenging situation for The Compass clients, staff and volunteers.”

In the early 2000’s, The Compass was a pioneer in creating a community hub with a sense of purpose and social belonging.

The success of its wraparound model to help people transition from episodic

hardship led in June 2011 to a zoning by-law amendment at Mississauga Council.

A food bank was defined to be more than a centre for grocery goods collection and distribution, but also encompassed ancillary services to optimize client use of goods: for example, guided shopping on a budget, nutrition and special diets, and basic computer skills.

“Now we can send in the mobile dental unit,” said a Peel Region staffer from the Peel Poverty Reduction Strategy Committee, upon hearing the update. “People need teeth to better manage their food.”

In 2020, mobilizing digital access became mission critical to maintain distancing from COVID infection, yet keep service and supply connection in place.

“We knew right away that The Compass and its clients would be struggling,” says Rick Penton, Program Manager. “It was evidently a

problem for low income clients own or have access to either a digital devices or reliable access to internet”

As federal and provincial emergency response funds for food banks were funnelled through Peel Region COVID Response Table, the Mississauga Food Bank included The Compass in its city-wide distribution.

Twenty-eight Samsung tablets and bulk purchase of data plans meant The Compass clients could sign out equipment for basic access to The Compass and other services, and to maintain social connection with family members.

“Our clients told us staying in touch with helped to life their COVID-related distress and anxiety,” said Penton.

City of Mississauga internet hotspots also help, although Penton admits that the current closure of libraries and community centres is

problematic. “Winter presents a challenge for outdoor access, both for comfort and just being able to move around.”

Since last year, a further supply of more than 40 refurbished computers was donated to The Compass through Community Foundation of Port Credit initiative with Lakeshore Corridor Community Team.

Volunteers can support new computer owners with some basic training.

Going forward in 2021, Penton says the search is on to garner funding for sustained data plans.

In-person social meetings held at The Compass that ceased after November 2020 are starting up again using a group webinar platform. Those wishing to participate can access devices.

The Refresh evening program afternoon social Compass Connections require preregistration on the Compass Home Page. Bringing

back the Speakers feature is in the works.

With generous support of local businesses and restaurants, The Compass offers free takeout meals twice weekly. “Our Compass supporters have really stepped up to help our community through these time,” said Giguere. A scan through social media accounts on Twitter, Facebook and Instagram show him to be right.

As for food bank basics – The Compass food barrels that were collected weekly from churches have been replaced with

supporter food drives and donations.

In a call-to-action for Easter supplies, Donna McLean at St. Bride’s Church Clarkson saw two vans filled last Saturday. “It was fun to meet up in person, safely distanced,” she said.

About 40 parishioners pulled together 50 bags of snacks, bread, canned goods, beverages, rice, crackers, cookies, Easter treats, pasta, coffee, tea, sugar, flour, hygiene products, and baby formula. And meeting St Brides commitment of more than 150 rolls of toilet paper.



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U.S. criminal nabbed in Brampton

by Alex Gregory

A man with ties to several offences in the U.S. has been caught after a cross-border investigation, Peel Police revealed earlier this week.

Representatives from the force partnered with Canada Border Services Agency (CBSA) to locate a man who was wanted by police in California and subsequently fled to Canada.

The suspect was wanted by the Bakersfield Police Department regarding a number of charges, including accessory after the fact to

murder and two counts of engaging in sexual intercourse with a minor.

Peel Police and CBSA later learned from residents in the community last month that the suspect was in Brampton and said to have crossed the border illegally after removing a GPS monitoring device.

Police later attended a residence in Brampton on Mar. 19 and arrested 26 year-old Bakhshinderpal Singh Mann, who was subsequently

extradited to the United States.

"Thanks to the invaluable assistance of the Peel Regional Police. The Bakersfield Police Department is thankful to our federal and international partners, including the Peel Regional Police Service, for their professionalism and diligence, and we look forward to continuing that relationship after the extradition proceedings," Sergeant Robert Pair, of the Bakersfield Police Department, said last week.

\$25k cash reward offered to help solve 2019 murder

Police are offering \$25,000 to help solve an unsolved 2019 murder that rocked a community.

Peel Police said the cash reward was posted Friday for information that would lead to the arrest and conviction of the individual(s) responsible for murdering Jacqueline Gore, who was gunned down outside a nightclub in Mississauga on July 8, 2019.

Gore was not the intended victim of the shooting, which occurred near a bar and lounge located in the Torbram and Drew Road area.

Exiting with her friends around 2:40

a.m. on the night of the shooting, Gore, a 24 year-old woman from London, Ontario, was making arrangements to get home when gunfire broke out after a suspect with a weapon was seen pursuing another individual.

Gore was subsequently struck and killed by a stray bullet in the crossfire.

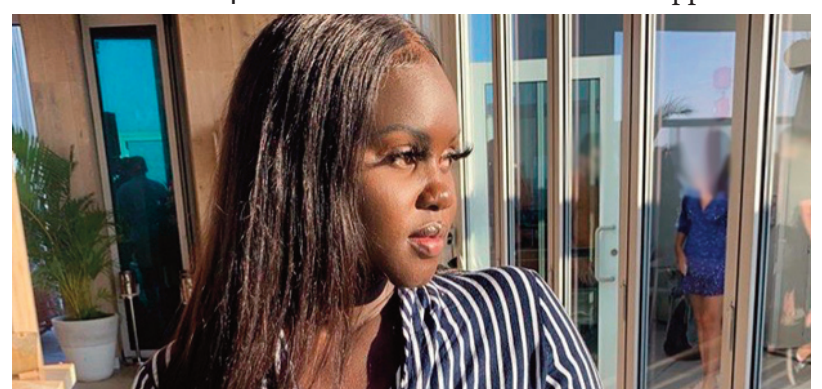
A suspect described at the time as wearing a mask and grey hooded sweatshirt was last seen on the night of the shooting driving southbound on Torbram towards Derry Road in a dark-coloured SUV.

Police believe several witnesses who

were in the area on the night of the shooting may have noticed additional details, but have not spoken with investigators yet.

"It is extremely important that we get the communities assistance in helping us solve this murder, to get justice for a family whose has lost their daughter, their sister and their friend," a spokesperson from Peel Police said Friday.

A designated Tip Line has been set up at (905) 565-5727 for anyone with information to do so anonymously, or by visiting peel-crimestoppers.ca.





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BUSINESS

Brampton looks to high-impact sustainability in environmental plan

City councillors in Brampton have approved an updated Environmental Master Plan that looks to high-impact actions to boost local

sustainability.

The updated plan, endorsed unanimously by councillors at last week's regular meeting, outlines more than 60

strategies the city will look towards completing, refreshing the goals made by the city when the plan was first released in 2014.

Some of the planned initiatives within the master plan include the creation of a Climate Change Adaptation Plan, water efficiency

strategies for city-operated facilities, an expansion to the Community Gardens program and more.

"We are on a journey to reduce greenhouse gas emissions generated in Brampton by 80 per cent by 2050, and the updated Brampton Grow Green Environmental Master Plan will support this mission," said Wards 2 & 6 city councillor Doug Whillans, who is a member of the Environment Advisory Committee. "We have impactful plans to make real change in the

community and build a better future."

The city said in a statement that it and its partners will continue to educate, excite, and empower residents, businesses and community organizations to take action on climate change and environmental sustainability.

"The updated plan is a key document that will strategically drive sustainability forward in Brampton for the next decade," said Mayor Patrick Brown.



HCL boosts Mississauga presence with new global delivery centre

by Alex Gregory

HCL Technologies will expand its footprint in Mississauga with a new global delivery centre, the city announced last week.

The India-based multinational IT tech and consulting firm announced Friday that it would be making a "significant investment" to build the centre, which would employ approximately 350 people once open and provide a major boost for the city's tech sector.

HCL is "very excited to continue expanding" its operation into Ontario said Jagadeeshwar Gattu, Senior Corporate Vice President of the company.

"The new (centre) provides an opportunity for HCL Technologies to expand our best-in-class digital innovation in Ontario and support our global clients while creating great IT Industry job opportunities in this community," said Gattu. "We look forward to more growth and opportunities in Canada in the coming months."

The company's announcement was unveiled Friday by Premier Doug Ford and Minister of Economic Development, Trade and Innovation Vic Fedeli, along with representatives from the company.

HCL currently operates offices in 50 countries, along with a worldwide

network of R&D innovation labs and delivery centres.

The Mississauga site is aimed to be one of the largest for HCL in Canada, and will house co-innovation labs for customers to collaborate, de-

velop and deliver solutions for their businesses.

The province said the deal to bring HCL to Ontario was in the works for the past two years, with Toronto Global working alongside government representatives to secure the

company's interest.

Minister Fedeli said he first met with HCL in both Nov. 2019 and a virtual meeting in Dec. 2020.

"We are proud that HCL selected Ontario as the home for their new facility. And it is a

direct result of our government's action to increase investment opportunities through trade and investment missions to position Ontario as a leader in innovation and technology," Fedeli said in a statement.



GardaWorld boosts fleet of cars with Roshel partnership

Mississauga's Roshel - Smart Armored Vehicles announced Tuesday that it has completed the first phase of expansion on a new line of smart armored technology outfitted in GardaWorld Cash Services' fleet of armored vehicles.

GardaWorld, which provides cash management services for businesses within North America, and operates a branch office in Mississauga, said the expansion will support the deployment of a next-generation high-tech and high-security armored car fleet.

150 of the next-gen fleet of vehicles - manufactured in the U.S. and customized in Canada - were deployed in 2020, with an additional 180 vehicles expected to roll out by mid-2021 across

North America.

"The safety and security of our dedicated team of cash services professionals, our clients and the general public is our top priority," said GardaWorld CEO Stephane Gonthier. "We strive to create the safest, most advanced and innovative fleet in secured transportation. Roshel is the ideal partner to make this goal a reality. We are extremely proud to continue to make significant investments and to help innovate our industry."

Despite the impacts of COVID-19 on the company's clients and our industry, the ambitious plans to build the most secured transportation fleet of the future has not been delayed or sidetracked, said Gonthier.

"We continue to move forward with our pre-pandemic commitments to continuously invest in our fleet to the benefit of our employees, clients and the general public because safety is our top priority."

The new vehicles include a number of safety features, including anti-collision technology, OEM front and lateral airbags, governed speed limit, clearer view windshields that also meet recognized ballistic standards, and other sophisticated security and safety features directly connected to the company's North American Monitoring Center.

The latest wave of vehicles also includes OEM collision and lane departure warning.

The vehicle is armored with high-

grade materials and certified by independent laboratories.

"New technologies are driving innovations in all sectors, including the cash-in-transit industry. It is great to be at the cutting edge of these technologies with clients like GardaWorld who constantly strive to lead the industry by utilizing and deploying the safest and the smartest vehicles in world," said Roshel CEO Roman Shimonov. "With each new phase of deployment, we continue to build on the innovations of the previous fleet generation, to develop, in partnership with GardaWorld, a highly-customized vehicle with the highest safety standards and latest security and technology innovations."



Brampton approves tax deferral program for 2021

At its Mar. 24 meeting, Brampton City Council approved an optional Property Tax Payment Deferral Program for 2021, to support residents and businesses facing financial hardship from the COVID-19 pandemic.

Participants can apply to defer paying 2021 property taxes until Dec. 15, 2021. The program is by application only and is meant to help residential and business property owners who may require payment flexibility for the 2021 tax year only.

The Property Tax Payment Deferral Program does not mean property taxes are waived for 2021.

Residents who wish to defer the Interim or Final 2021 Property Tax Bill must apply online, by

Apr. 15, 2021.

Participants who choose to defer their Interim Tax Bill will also have their Final Tax Bill automatically deferred.

To be eligible for the Property Tax Payment Deferral Program, an applicant's property tax account must not have tax arrears prior to Mar. 2020. Residents and businesses must also pay property taxes directly to the City of Brampton and not through a mortgage company.

There will be no penalties or interest charges as long as 2021 taxes are paid in full by December 15, 2021.

Residents can apply for the program by visiting the City of Brampton website at brampton.ca/EN/residents/Taxes-Assessment/Pages/article.aspx/17.

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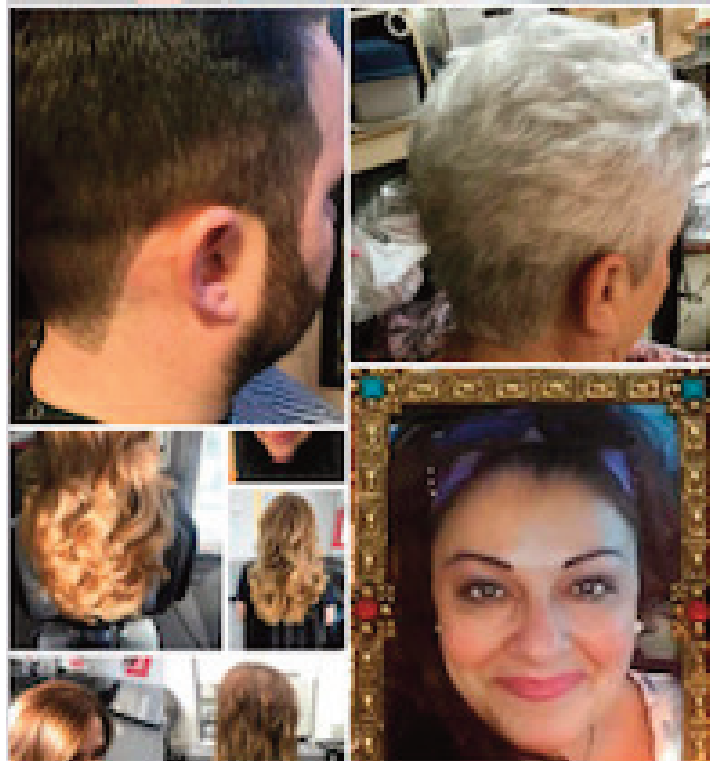
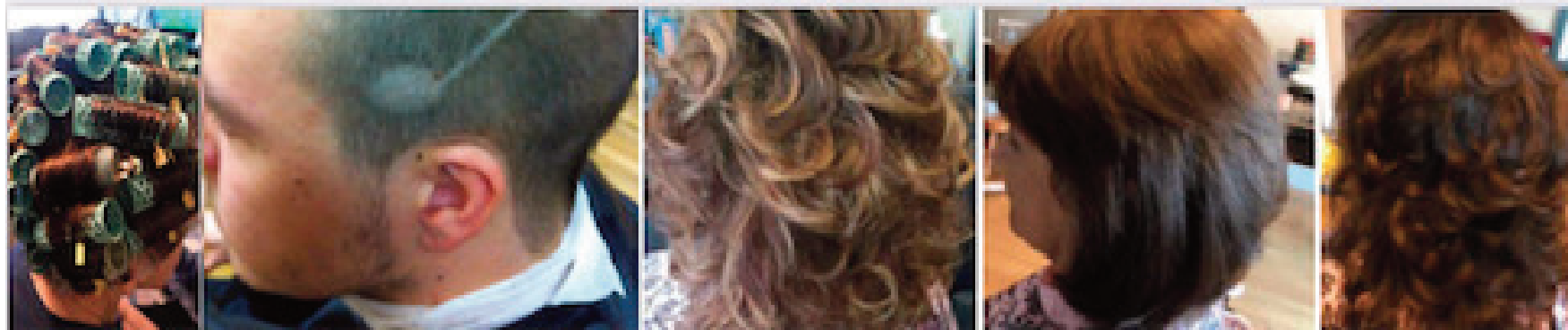
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One Year in a State of Emergency — COVID-19 in Brampton

One year ago on March 24, 2020, following consultation with city councillors and on the recommendation of the city's Emergency Management Team, Mayor Patrick Brown declared a State of Emergency in the City of Brampton to help curb the spread of COVID-19.

In the months since, the city has kept the health and wellbeing of staff and residents at top of mind.

Recognizing the COVID-19 pandemic's devastating impacts on our community and the local economy, together with local partners, volunteers and businesses, and through its support task forces – the city has remained steadfastly committed to those in need while continuing to support the public by providing essential and critical services vital to day-to-day life.

"While staying apart, our commu-

nity has united in impactful and meaningful ways. Residents, partners, and local businesses have stepped up to provide support to those most vulnerable to the effects of COVID-19," said Brown.

"Going forward, as we look to our eventual reopening, we still have work to do. I ask that residents continue to follow the advice of our healthcare experts and remain committed to supporting one another during this difficult time."

Since the onset of the pandemic, the city has remained committed to supporting the recovery and resilience of its small business community.

In May, Brampton City Council endorsed Brampton's Economic Recovery Strategy to move forward with restarting the local economy.

The strategy aims to bring resiliency and competitive

advantage to Brampton's economy through advancing immediate and long-term actions in line with its four corner stones: Innovation, Technology and Entrepreneurship, Investment, Infrastructure, and Arts, Culture and Tourism.

One initiative of the Economic Recovery Strategy that plays a key role in supporting businesses and restarting the local economy is the "Support Local" campaign.

Launched in May 2020, the campaign encourages

residents to Shop, Eat, Gift and Support Local. COVID-19 has had a significant impact on local businesses and they require support from the Brampton community now more than ever.

"We have seen many acts of kindness, support and community spirit from our residents and businesses as we have worked together to respond to the impacts of COVID-19," said David Barrick, the city's chief administrative officer. "The Support Local campaign allows us to build on this

incredible momentum as we move towards our eventual reopening."

Whether Bramptonians require municipal, social or emergency assistance, 311, 211 and 9-1-1 are there to help. For local mental health supports, residents can visit cmhapeel.dufferin.ca.

"The vast majority of Brampton residents understand the severity of the situation with COVID-19 and are doing an exceptional job at following the public health rules. We have seen a high level of compli-

ance, and the City appreciates our residents doing their part to protect the health and safety of everyone in our community," said Brown.

"We understand how hard this year has been, but by continuing to work together, limiting our contact with those outside our immediate households, and wearing masks when physical distancing is not possible, even while outdoors, we will stop the spread of COVID-19."

For more information, residents can visit brampton.ca/COVID19.



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Protecting People's Health and Our Economy

by Sylvia Jones, MPP

The 2021 Budget is the next phase of Ontario's response to COVID-19 and is the second budget the government has delivered during the pandemic.

"You can't have a healthy economy without healthy people," said Minister Peter Bethlenfalvy. "For the past year, we have been focused on protecting people from COVID-19. Many challenges lie ahead. But with vaccines being distributed in every corner of the province, hope is on the horizon. We are ready to finish the job we started one year ago."

The 2021 Budget builds on the gov-

ernment's record investments in response to the global pandemic, bringing total investments to \$16.3 billion to protect people's health and \$23.3 billion to protect our economy. Ontario's COVID-19 action plan support now totals \$51 billion.

It includes investments to support people and jobs in Dufferin-Caledon including:

- ✓ To help families, the government is providing a third round of payments to support parents through Ontario's COVID-19 Child Benefit.

The payment will be doubled to \$400 per child for

this round and \$500 for each child with special needs.

- ✓ To connect homes, businesses and communities to broadband — which COVID-19 has demonstrated is a necessity, not a luxury — Ontario is investing \$2.8 billion, bringing the Province's total investment to nearly \$4 billion over six years beginning 2019–20.

- ✓ Investing in a new hospital and other expansion projects in the Region of Peel and surrounding areas through collaboration with Trillium Health Partners and William Osler Health System.

These invest-

ments will support historic hospital expansion and construction projects, including a new inpatient wing at Peel Memorial in Brampton.

I am very proud of the hard work of every Dufferin-Caledon resident who is doing their best to meet the challenges presented by COVID-19.

Protecting people's health has been our top priority and this budget continues to focus on protecting the health and the welfare of Ontarians.

Working together, we will unleash the economic growth that is necessary for job cre-

ation, prosperity and a stronger province.

Protecting People's Health is the first pillar of the 2021 Budget. It includes measures for defeating COVID-19, fixing long-term care and caring for people.

The Wellington-Dufferin-Guelph and Peel Public Health Units have done an excellent job in vaccinating our priority populations as vaccines were received.

In the coming days and weeks, as we receive more doses of vaccine, both health units will be able to continue with the task of serving the needs of residents in our community.

To vaccinate every person in the province who wants to be vaccinated, Ontario has made more than \$1 billion available for a province-wide vaccination plan.

Ontario is also making it safer to re-engage with workplaces, busi-

nesses and communities with \$2.3 billion for testing and contact tracing.

To protect the frontline heroes and vulnerable people, Ontario has made available \$1.4 billion for personal protective equipment, including more than 315 million masks and more than 1.2 billion gloves.

To ensure that every person who requires care in a hospital can access a bed, even during the worst of the pandemic, the government is investing an additional \$5.1 billion to support hospitals since the pandemic began, creating more than 3,100 additional hospital beds.

This includes \$1.8 billion in 2021–22 to continue providing care for COVID-19 patients, address surgical backlogs and keep pace with patient needs.



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LIFESTYLE / AROUND TOWN

Kayla Jackson: With vim, verve and much vitality...

by E.C. Munson

Kayla Jackson, resident of Alton, recently graduated with a Bachelor of Illustration from Sheridan College in Oakville.

A new member at Headwaters Arts, a not-for-profit collective with their gallery at the Alton Mill Arts centre, she is intently focused on packing much into her life.

Graphic arts experience and her technical facility with website design are, per the plan, in demand providing some economic means while she pursues her developing arts practice.

Given that one's first steps into the world during and after post-secondary training are exploratory in nature, Kayla's reach and dreams earned much life experience from 2018 – 2020.

The summer of her third year of studies, she did an internship with local artist, Paul Morin, that resulted in 60 paintings of historical buildings in Alton. Following graduation and looking about for employment, she noted and applied for an interesting opportunity.

She termed it as a lifestyle whiplash after the fact. Kayla applied for, was accepted, and then, in a two week period, trained to curate the gallery and run art auctions on cruise ship lines where upwards of 150 contemporary artists were featured.

It was a deep dive into the commercial art world melding public speaking, her love and knowledge of art, and the ability to bring this to life for passengers.

"I love to see how people are affected by art," she said.

Learning Spanish, studying and absorbing the back stories of the gallery's artists,

meeting passengers from around the world, and building relationships with a global community of other staff, was intense and absorbing.

Ports of Call in Italy, France, and Spain meant she saw works in their historical settings that she had earlier studied from artbooks.

However, there was no painting during this period. Instead she filled her journal with quick sketches. Kayla's own focus about her practice started to transform. Her feelings moved from, "... my art needs to be revolutionary (to) now it brings joy to people and that is its purpose."

From the acquisition of theory, skills, going into shows, keeping up with a daily or regular arts practice, having various mentors and formal training, plus life experience, all these are ingredients are visible on the outside.

Kayla has had no shortage of these important elements. Mark Grice, an Alton artist, was her first art teacher, while later she auditioned for and was accepted into Mayfield Secondary School Arts program.

At Sheridan College their professors were working painters and artists.

The range of fields and skills sets presented to them at Sheridan encouraged exploration, development, and making choices. "I never felt pigeon-holed."

She watched talented artists around her working from their own life experiences.

Kayla's next journey turned out to be back to herself as an artist as her second contract with the cruise lines to New Zealand, Hawaii, and Alaska, was cancelled Mar. 2020, just three days before its departure. A land-lubber again, other dreams were having their foundations laid.

After a five month hiatus when at sea, she started painting again - oils, acrylic, conte, plein air - along with posting regularly to Instagram.

Her work was being noticed, first by friends and family, then others, and it was selling. Commissions soon followed and she realized, "Oh yes, I'm good at this! I don't need New York Galleries. I'm authentically following my joy."

Demand grew for graphic design and website development, so Kayla set up her virtual business, all the while continuing to paint.

Trying the discipline of the 25 or 100 day challenges yielded rich insights, whether completed or not, that the goal wasn't to produce significant work.

Instead, following her curiosity, honoring it, and holding space with it brought Kayla closer to her own process.

She closely observed how things evolved and led to or stimulated other work. Her patterns emerged with the forced proficiency of the challenges: her short-hand, colors used, the comfort of a preferred scale.

Her artist's marks became clearer to her. "One of the most significant parts of an artist's journey is finding their voice."

Kayla was charting her own artist's journey, mindfully engaged with the challenges, and inadvertently discovering that people were attracted by her focused intent and more commissions started to

come her way.

"I think that was a big turning point for me, really digging into my style for the first time, not trying to be anything else but my voice, and looking more deeply at the things around me to inspire that day's work."

Last summer, she spent several weeks exploring parts of eastern Ontario. History and nature are two passions for her and the Kingston area is, in her words, "dripping with it!"

Camping and plein air painting totally absorbed her. Caught up in the process and moment, she strove to capture the local ambience and her feeling with each composition.

In her new series, *Vibrant Memories*, while Kayla uses photos for references, she is focused on capturing the emotions imbued in them.

Working large scale, she is experimenting more, leaning into the material impressionistically. This current work embodies much of her artist's statement. "(I) explore the emotion, nostalgia and light of simple moments of gratitude in life ... drawn to the fleeting glimpses of history and life that can be felt ... Light trickles through the

patina of textured layers of paint in balanced scenes, bringing warmth, serenity and grounding (to) the viewer."

Reconnecting with former classmates at Mayfield Secondary and Sheridan College, joining Headwaters Arts in her hometown of Alton, and being nominated for the Readers' Choice Awards for Best Local Artist in Orangeville, are the evidence of her growing local network.

She and her sister, Melanie, plan to homestead in the eastern townships, possibly building their own place, and living more simply on the land.

Towards that end,

she is gaining hands-on experience with "mucking out" chores on a local farm and starting seeds for her garden.

Follow her on IG @kaylajackson_art and enjoy her journey! To book a commission that will celebrate cherished memories, contact kayla@kayjaxcreativeco.com.

Whether navigating the high seas auctioning art, managing a barnyard with gaggles of geese, or working plein air, Kayla is fully there and present. Her enthusiasm and genuineness precede her, immersing herself in life as art, so she can truly say, "My soul (is) happy!"



Health and Wellness - Taking Care of Ourselves

by Elizabeth Banfalvi

So often, we are caring for someone else whether it is parents, children or other people. We are tired at the end of the day but we start again the next day.

We are used to it so it goes on.

So, when do we learn to take care of ourselves? The more we can do this, the more we teach our children that they are important for themselves also.

Why is this im-

portant? It is because we are the one person we will live with all of our lives.

We learn to get up because it is time and we brush our teeth, get dressed, eat breakfast and get on with it. Do we take the time to enjoy the morning and just have a few moments for ourselves? Do we learn to enjoy the day and the fact that nature is presenting us with beauti-

ful landscapes?

The smell of nature as we step outside is amazing although sometimes freezing cold, but that is a wake-up call also to our beautiful country where we live.

The people we meet are all going through their own story and at times they take it out on us. Are we at fault – no, but we have to learn that we don't need to take on their misery?

Smile and be

happy for yourself. That isn't wrong but more necessity. We don't have to live their lives and what they are going through or projecting on others. We all have trials and tribulations with work, family and so many other things.

We shouldn't be projecting that on others, so don't accept it being projected on us.

If there is something that we can help others with, then that is different. Help them through what they are going through but would you know who would do the same for you?

We are all humans and there are times we just have to go through like a funeral, break-up or loss, then someone might need a helping hand which might be ours. Then give it and give them space to go through

what they need to. It is their path, not ours, so just be there when it is needed.

Even volunteering is a great way to help and know that you are so lucky with all that you have. Helping others will help you develop into a more caring and knowledgeable self because there are so many who need our help.

Learn to structure your life to give yourself a routine that you are comfortable with and know you can follow. Give yourself time to relax and enjoy yourself. Find ways to do that.

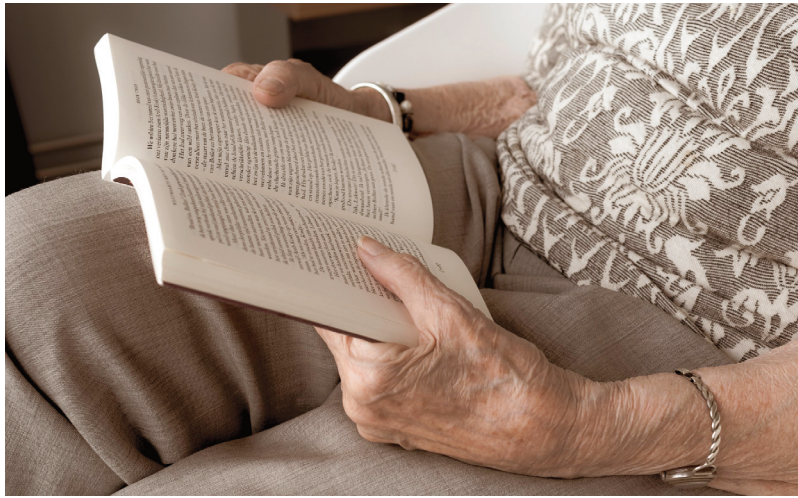
Watching television isn't the only way. Reading a book and journaling really helps. Finding new ways to enjoy and use your time is important like alone time, meditating, enjoying music, al-

ternative healing therapies, new relationships, and even a pet all help care for ourselves.

What is important is to start thinking about yourself and what gives you importance. Health is important and should be cared about but also emotional and physical support.

Find what works for you and learn to access it whenever you can. Like I said before, children learn from us and you need to teach them to care about themselves. Teach them to dance to their own tune and know what works for them.

So, what works for you? Know the answer to this question and your life will be better and easier to maintain. Know yourself and what works.



New exhibition captures “Everything Beaux” in local gallery

Beaux Arts Gallery announced Thursday that it has launched Everything Beaux, an art exhibition in partnership with the Downtown Brampton BIA, virtually and on site at the gallery by appointment only, which will be on display through Apr. 24.

Everything Beaux is about the world of beauty inside, and the ability to find beauty in the world outside.

During these unprecedented times of hardship, as we all live and learn to cope with restrictions on our lives due to the COVID-19 pandemic,

Beaux Arts wants to deliver a collection of artworks whereby artists are capturing their interpretation of all that is beautiful still.

The things of beauty we seek can be found within our homes, our relationships, our neighbourhoods, our new ways of connecting and the steadfastness of mother-nature outside our windows.

Audiences are once again invited to physically enter in and reflect on the artist's interpretation of “the beauty that remains all around us despite all the fear,” the gallery

said last week.

The artworks on display provides points of light into the lives of its viewers, as the province reaches the one-year anniversary of pandemic isolation.

The art exhibit will be displayed both physically at the Beaux Arts Gallery and virtually on the Beaux Arts website.

“The Beaux-tiful thing about this show is that it helps

us re-envision the beauty in the world around us by sharing it with one another, as we await the chance to share that same beauty in-person again,” said local artist Tyler Andrews,

who is participating in this year's show.

For a list of exhibiting artists and artwork, visit beauxartsbrampton.org/current-exhibitions.



What Residents Should Know About Coyote Denning Season

Residents in Mississauga might notice an increase in coyote sightings or activity at this time of the year. That's because coyotes start denning to raise their pups in March and April.

Coyotes can create their dens in a variety of areas including the side of hills, tree stumps, underneath patios/decks, in culverts and espe-

cially around natural areas or hydro corridors.

In order to protect their young, coyotes will vocalize, growl or act in a defensive manner if they suspect predators or people around their den site. However, coyotes are normally shy and will try to avoid human contact.

If you suspect there is a coyote den nearby, avoid the area, keep

dogs on a leash, and do not litter or dump food, which could attract wildlife.

Residents that suspect a coyote den to be in an area may pose a risk to the public are asked to contact Mississauga Animal Services at (905) 896-5858.

For more information about coyotes, visit mississauga.ca/coyotes.



Beaux Arts

AN ARTIST RUN GALLERY
BRAMPTON
EST. 2002

Candid Convos with Visual Artists



Kofi Frempong

Chats with exhibiting artists, interviewed by
Regan Hayward

Check out Artist Interviews on our blog!

Tackling noise pollution with new initiative

In an effort to reduce the amount of noise pollution throughout Peel Region, Peel Police said that it has launched Project Noise-maker earlier this year.

The annual initiative, which address community concerns surrounding the noise pollution of excessively loud vehicles on the

roadways, in residential areas, at all hours day and night, launched early on Mar. 26, and will be extended into the fall, representatives from the force said late last week.

For the next six months, this ongoing project will focus on reducing the number of motor vehicles with modified and/or exces-

sively loud exhaust systems on the roads.

Vehicles will be subject to charges, including Improper Muffler and Unnecessary Noise, contrary to the Highway Traffic Act (HTA) or By-law 360-79. The penalties under the HTA include fines of \$110 upon conviction or \$305 for By-law 360-79

charges.

Vehicles found to be unlawfully modified will be reported to the Insurance Bureau of Canada with the potential of a policy suspension.

In a statement, Peel Police said it encourages vehicle owners to repair modified exhaust systems and avoid using devices such as factory-issued

mechanisms to alter and increase their vehicles' sound in quiet, residential areas.

"Our commitment to road safety is a crucial policing function. Our officers remain vigilant twenty-four hours a day, seven days a week, enforcing the speed limit, dealing with aggressive driving

and impaired driving, keeping the community safe as a top priority, and increasing the quality of living for everyone."

Anyone with information concerning aggressive driving or illegal street racing activities can contact the police by calling (905) 453-3311.

2021 Business Directory



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Dufferin County Ambulance Services expands para-medicine program

Dufferin County is part of the province's investment of up to \$56 million annually to expand the long-term care community paramedicine program, helping more seniors on long-term care waitlists stay safe in the comfort of their own homes.

The province announced late last week that Dufferin County Paramedic Services will be receiving \$2,953,600 for the 2020-24 period.

"This is positive news for many seniors and families throughout Dufferin County," said Dufferin-Caledon MPP Sylvia Jones.

"The paramedicine home visiting program was a pilot project in Dufferin, and because of that success we now have an expanded program, and more communities across Ontario to support vulnerable seniors living at home."

The community

para-medicine for long-term-care program supports individuals who are waiting, or soon to be eligible for long-term-care, stay safe and receive the care they need at home.

Eligible individuals will receive 24/7, non-emergency support, through home visits and remote monitoring that is responsive to changes or an escalation in their health condition.

The program provides individuals, families and caregivers peace of mind while waiting for a long-term care bed or potentially delay the need for long-term care.

"Dufferin County Paramedics were one of the first services in the province to implement the Community Paramedicine program, in 2015," said Dufferin County Warden Darren White.

"Through the dedication of our

highly trained staff, support from Headwaters Hospital, community physicians and community partners this program has been a success from its inception. County Council is pleased to receive this additional funding and to see community paramedicine expand to support more sen-

iors in their homes."

"The (Community Paramedic Program) is an innovative model that provides support to the most vulnerable residents in our community. Community Paramedics increase a physician's capacity to provide care for the most complex patients by regularly

monitoring and providing feedback to the Primary Care Physician. With enhanced funding through the Community Paramedic Long-Term Care Program (CPLTC), our frontline Community Paramedics will be able to provide high quality care and service in the location patients wish to re-

ceive it, potentially delaying the need for long-term care," said Dr. Karen Sandhu, a community physician and community paramedic champion.

The funding will be provided through a new transfer payment agreement with each selected municipality.



Dare

Boldly travel
On the narrow road
That evades you
On the way towards yourself
Seeking the heart
Of the elusive eternity
Revealed in the
Shimmering mist
That rises from your own reflection

© 2021 Susan Ksiezopolski
Photo Credit: Rashmi Sahni

New library workshops take uncertainty out of tax season

Mississauga Library, in partnership with the Canada Revenue Agency, is looking to help residents ease some of the uncertainty caused by tax season with a series of free online tax workshops.

This year, the COVID-19 pandemic raises additional questions surrounding taxes, including how to file if you received COVID-19 emergency benefits, such as the Canada Emergency Response Benefit (CERB), or how to claim home office

expenses.

The library is offering workshops on a range of topics, including how the Canadian tax system works, how to file your tax return and ways to protect yourself from tax scams.

The workshops include the following topics:

- Tax Basics for Retirees (Apr. 7, 10 - 11:30 a.m.): Learn about benefits and credits, options for paying your taxes and ways to protect yourself from tax scams.
- Doing your Taxes (Apr. 8, 6 -

7:30 p.m.): Discover how to gather your information and complete your return so you can get the benefits and credits you're entitled to.

This workshop is for first-time tax filers and anyone who needs an introduction or refresher.

- Tax Basics for Newcomers (Apr. 13, 6 - 7:30 p.m.): Learn how the Canadian tax system works, how to report income and how to get the credits and benefits you're entitled to in your first years in

Canada. (Ages 13 and up)

- Scams (Apr. 15, 6 - 7:30 p.m.): Don't get scammed. Learn what you should

know and what the Canada Revenue Agency will never ask you for.

All online tax workshops are free with registration.

Visit mississauga.library.ca/taxes for more information about the library's online tax workshops.



The disingenuous demands of premiers in healthcare funding

by Tom McIntosh

In Mar. 2021, Canada's premiers again took up the issue of federal health transfers by reiterating a demand made in late 2020 for a \$28 billion increase in annual federal funding for health care.

Their premise is simple. Once upon a time, the federal government contributed 50 per cent of the cost of medicare; now it contributes only 22 per cent. The provinces, it seems, are being generous by requesting that the feds need only raise their share to 35 per cent.

The problem is that the premise deliberately misrepresents the actual history of how federal transfers for health care evolved.

As a onetime research co-ordinator for the Commission on the Future of Health Care in Canada — known as the Romanow Commission after Roy Romanow, the former Saskatchewan premier who helmed it — I'm fully familiar with

that history.

It's true that in the beginning, medicare costs were roughly split 50/50. But in 1977, the premiers agreed to fundamentally change that split under the Established Program Financing transfer.

Under this arrangement, medicare costs were reallocated as 50 per cent from provincial revenue, 25 per cent as a federal cash transfer and 25 per cent from the value of tax points transferred from the federal government to the provinces. The value of the tax points became provincial revenue and therefore made the provinces responsible for 75 per cent of medicare's costs.

But the myth of the 50/50 split being essential to health financing has been perpetuated by both federal and provincial levels of government.

The feds have liked to claim the value of the tax points as an annual transfer, making

their financial contribution look larger and enhancing their reputation as a medicare defender. But it's not an annual transfer; it was a one-time transfer that now generates annual revenue for the provinces.

The premiers want to ignore the value of the tax points because then they can plead poverty to Ottawa and bash them for no longer paying half of health-care costs. They conveniently forget that they agreed to this deal because the value of the tax points grows with the economy and they are free to spend that money with no conditions.

In 1995, in order to balance its own budget, the federal government unilaterally rolled all the cash transfers into the Canada Health and Social Transfer, known as the CHST.

And they cut the value of that transfer significantly. The tax point transfer, however, remained in place.

Gunn The provinces

were justifiably angry as they were left with two choices — either cutting spending or raising taxes. This led to the health-care wars of the late 1990s and early 2000s.

In response, the 2002 Romanow Commission report called for a massive federal reinvestment in health.

In 2003, the Federal-Provincial Accord on Health Care Renewal split the CHST into the Canada Health Transfer (CHT) and the Canada Social Transfer (CST). Sixty-two per cent of the CHST cash went into the new CHT.

The accord also provided an additional \$16 billion as a Health Reform Transfer so the provinces could improve the performance of their health-care systems.

But the story doesn't end there. In 2004, the 10-Year Plan to Strengthen Health Care saw the first ministers agree to an increase in CHT cash, a six per cent a year escalator and to roll the

Health Reform Transfer into the CHT.

In 2011, the six per cent escalator was extended to 2016-17. In 2017, the feds set the escalator at a three-year moving average of growth in the GDP with a minimum of three per cent a year — not a cut in federal funding, but a decline in the growth of the federal contribution tied to economic performance.

As of 2017, there is no national health accord, but rather a series of essentially identical bilateral agreements with each province.

So when the premiers now turn around and say to the feds: "We'll forget your 50 per cent obligation if you agree to pay 35 per cent," they are being disingenuous at best and dishonest at worst.

The premiers' demand is not a "return to traditional funding arrangements," it's a bargaining chip and should be treated as such.

If the premiers

want a \$28 billion increase in the transfer (already pegged at \$43 billion for 2021-22), then the federal government — and Canadians — must ask what it will get for that 65 per cent increase in its investment.

Will provinces enact long-promised but so far mostly undelivered reforms? Will they restructure how we pay physicians? Will they recreate primary health care across the board and integrate new professions? Will they effectively manage waits, renew infrastructure and improve outcomes?

Yet more cash without real change would be the real betrayal to Canada's public health-care system.

Tom McIntosh was the Research Co-ordinator for the (Romanow) Commission on the Future of Health Care in Canada.

A Marquee Bulletin of Arts and Culture Events

by E.C. Munson

Those winds of change include our weather as we transition into warmer temperatures followed by frisky snowflakes in some areas plus uncertainty about the degree of openness and gathering that is allowed in various regions. As Easter and Spring Break approach, these options for virtual access to events and activities become even more important.

Arts & Cultural Events Celebrate History ...

Current exhibits or resources on artistic and cultural contributions are from the Black Community, indigenous Anishinaabe peoples, and Indian diaspora, all of which continue to enrich our lives. Enjoy these creative journeys and the richness of cultural diversity.

CreativeHub 1352 invites you to view "The Lost Museum" now! After all, Who knows what might get discovered, lost, forgotten, or remembered at InSitu 2021? This year-long multiarts festival is virtual programming from the CreativeHub 1352 which operates at the Small Arms Inspection Building, owned and operated by the City of Mississauga.

Four exciting FREE virtual tours to book from Apr. 1 – 7. Explore and enjoy the links in Lost Rituals for "Ritual to Thank the Trees" and "Tea Ceremony". Contact them at info@creativehub1352.ca for more information or visit thelostmuseum.com.

Heritage Mississauga continues the Sugar Making Moon with videos and Kim Wheatley, Grandmother Kim. Heritage Mississauga explores the Anishinaabe teachings by following their lunar calendar, March being the second moon or Sugar Making Moon. You can watch the video at youtube.com/watch?v=t2oIgyTrldM.



PAMA's the regional treasure for Peel with much to discover in their collections. "Stories of inspiring women are found in all three of the Peel Art Gallery, Museum and Archives' collections. Whether an artist, a postal worker, an entrepreneur, or a United Nations diplomat, each woman has shaped our community. This is just the beginning. There are many stories to share, and this exhibition will grow over time."

You can continue to enjoy stories of one of many black communities in Peel Region with another of PAMA's ongoing exhibits that "... highlights the personal journeys of leaders and mentors from the North Peel Community Church congregation. Their photos and objects illustrate stories of immigration and family life, and how they established a community of faith in Caledon." Learn more at www.peelregion.ca/pama.



Museum of Dufferin continues to reach out to people in the know and experts in their fields with their Mod Talks. Join them Apr. 10 from 1 -2 pm for a free talk and presentation from Steve Paikin. In addition to his hosting and journalistic endeavours, Paikin has also produced a number of feature-length documentaries and authored seven books. Visit www.dufferinmuseum.com to learn more.

Art Gallery of Burlington is open! Check out their new exhibitions. Meera Sethi is one of the exhibiting artists in the paired exhibition In Visible at the Perry Gallery of the AGB through Apr. 3, 2021. This artist talk and show & tell is an ancillary program to the exhibition.

Visit <http://agb.life/visit/exhibitions> for details.



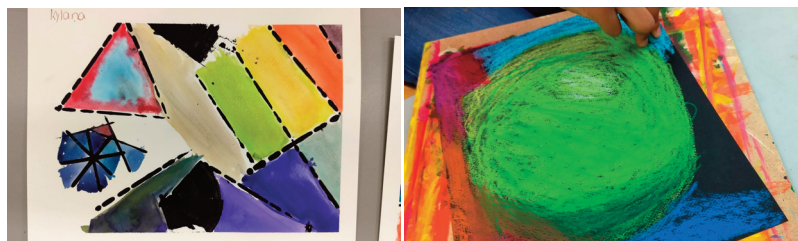
ArtTrendZ collective members continue to "make noise" and get the word out about what their artists are doing. Thaniath Siddiqui and Vibha Malhotra have each been interviewed and featured by Deepa Mahanti in her series 'I AM'. Deepa is an Author, Film maker, Advocate, Humanitarian, Educationist, Entrepreneur and much more! This series shares the feelings and experiences, struggles and positive influences in people's lives. Visit her artist page at facebook.com/deepa.mahanti.

Classes - Workshops - Activities ...

With uncertainty around so many things in our lives right now, one thing has not changed! And that is "busy hands are happy hands" when it comes to keeping people focused on the positives in life. This old adage is true for people of all ages and stages of life.

Local and regional arts and cultural organizations and artists have some exciting options, too.

Rima Koleilat is excited about her Spring Break Art Camp for 6-12 year olds! "We'll be online creating fun and interesting artwork together." Spots available - and see art creations from students below. Learn more at visualartsbrampton.com/programs/kids-teens/march-break-camp.



Ann Randeraad is hands on and staying focused with Ann's classes in pottery! Book your lessons now for daytime, evenings, or weekends. Scheduled, socially distanced, small class sizes, sanitized tools and equipment, and masks worn by all. Call 519-938-2092. A short jaunt northwest of Orangeville.

Cathy Disbrow of Woolly Doodles, textile artist and felter, offers Gift Certificates, an On-line Felt Party with friends, or even Private Lessons. Themed Zoom workshops range in length and pricing depending on project complexity. Garden



Gnomes for two Sunday afternoons, Apr. 11 and 18, and Bird Nest with Eggs April 22 on a Thursday evening. Stay current with creative options by visiting www.woollydoodles.com/newsletter-signup.

topourwithlove offers Zoom individual or small group art instruction in the exciting practice of poured acrylic paintings. Materials list supplied for all classes. Onsite at your location as conditions allow with all current health protocols followed. Relax and explore with your creativity unfettered, then choose who gets that beautiful art or a gift certificate!



Continued on Next Page

Continued from Previous Page

Visual Arts Brampton has sprung into action with their try it Paint Nights and adult programming. From beginners to experienced artists, the gallery offer a range of art classes for adults to explore in a fun and supportive studio environment. Working with experienced artists and instructors, students will learn their medium of choice through demonstration, exploration, and creation. You don't want to miss their exciting international Snail Mail World Postcard Art Show or the exciting options with their Spring Break Camps. Visit visualartsbrampton.com.

Burlington Public Library Burlington Public Library has a plethora of FREE virtual activities and cultural delights to sample. While some require pre-registration, others do not. Family Storytime, Puppet Shows, Opera, Writing Classes, Bookclubs, Art Activities, and more! Or, what about that exciting Teen Writing Contest - poetry, comics, or short stories and a deadline of Apr. 16. Learn more at bpl.on.ca/teenwritingcontest.



Visual Arts Mississauga features virtual courses for adults and youth. Expand your artistry with VAM's fantastic mix of Online and At-VAM Studio Fine Arts Courses for Adults. SPRING Break activities to check out, too! Visit visualartsmississauga.com for details.

Museum of Dufferin's Learning Hub, is a treasure trove of resources! With Social Studies, Language Arts, and Games & Activities, it's time to DISCOVER, EDUCATE, and SHARE with the MOD! And don't forget to explore their exciting collections they have – from the Archival Collection, to the Artifact Collection, and the Education Collection. Visit www.dufferinmuseum.com/about-our-collections/.

Exhibitions Here and Far...

Arts On The Credit has a member-duo, Barbara Pickett and Lisa Compton, sharing some of their favourite things with us during the entire month of April. Join us for the opening at 7 p.m. on Apr. 1 in our virtual gallery and let them take you on "... a journey not only around the corner, but to wonderful destinations across the globe.". To learn more, visit artsonthecredit.ca.

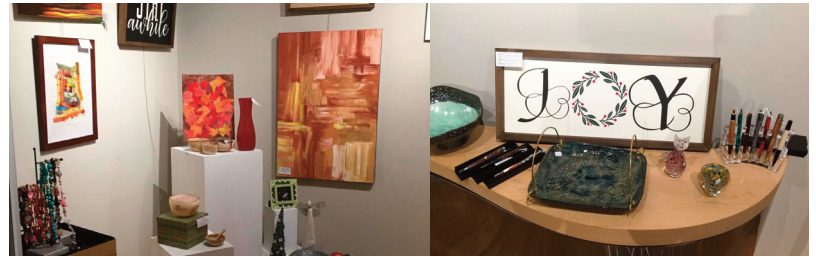


Beaux Arts Gallery In partnership with Downtown Brampton BIA and in keeping with spring and renewal, a new virtual show, Everything Beaux, on through Apr. 24. "Every one of us has a world of beauty inside, and the ability to find beauty in the world outside." And do follow their blog for candid conversations with artists and so much more!

Art Gallery of Mississauga's new exhibit, The Qi of Water, is extended to Apr. 12. This exhibit explores the very stuff of life, Yin or the quiet energy of water. Immerse yourself in this poignant experience with the world renowned artist Xiaojing Yan and two Canadian award winning artists, Laura Beaton and Huan Chen. Both Beaton and Chen are members of Arts on the Credit.

Visit artgalleryofmississauga.com/upcoming-exhibitions/.

Headwaters Arts Gallery can help you "wrap up those gifts" with their Artful Giving show through Apr. 18 in their gallery – NOW OPEN to the public with all health protocols and guidelines are carefully monitored.



A wonderful and unique collection of artful treasures await you. Consider a short trip into the scenic Caledon hills and enjoy browsing at the Alton Mill Arts Centre, 1402 Queen Street, Suite100, Alton. Enjoy a virtual preview of ReLaunch 2021. Visit headwatersarts.ca/our-current-show.

Visual Arts Mississauga is pleased to announce *friend of a friend*, an exhibition by VAM's Creative Residents, Amanda Kung, Breanne Jeethan, James Legaspi, Karim Machado-Aman, and Madelyn Rotella. Generously supported by the Community Foundation of Mississauga. View it at vamresidency.com.

Joshua Creek Heritage Art Centre: Sibyl Rampen, artist and proprietor of this wonderful heritage site, shares that ... "Art From the Heart 2021" is possibly the most important exhibition to date. It is not about artists, but about hope and healing for all challenged people. It is about teaching and inspiring people to find their Artist Within." Located on Burnamthorpe Road on the eastern border of Oakville and Mississauga, it makes a great day trip as they opened March 3, hours are Wednesday – Sunday, 1 – 4 pm. This current show is both virtual for viewing and in-person - visit joshuacreekarts.com/exhibitions.

Taking Care of Business...

Halton Hills is busy keeping their creatives connected and networking with their Arts & Culture Meetups the last Monday of the month. On Mar. 29, the meetup presenter was Meagan Speakman of Dance Impact in Acton. Pearl Schachter, Cultural Program Producer, Economic Development, Innovation and Culture for Town of Halton Hills, convenes these meetups along with Artrepreneur Halton Hills, a 10 week program for creative entrepreneurs Wednesday evenings.

Mississauga Arts Council presents their members and the larger community with an impressive range of virtual programming. For the artist-entrepreneurs there is the TD Culture Lab: Webinar series while for community enjoyment, musicians and writers there are virtual venues such as Mac Arts Café, an online Open Mic and the Sauga Music Series in conjunction with various partners. Their MACTivities newsletter is a great weekly read of all things arts and cultural in Mississauga!. Visit mississaugaartscouncil.com/programs/.

Central Counties Tourism continues to offer workshops, research, and guidance for the reopening of their members and communities in the Headwaters Region, which includes Caledon, Erin, Orangeville, and a number of destination areas. Visit centralcounties.ca.

E.Connie Munson

Local writer, photographer, and artist covers the arts and cultural scene so others may share the passion and joy of the creatives and makers.

Email Connie at ellie73m@gmail.com.





WASAGA BEACH

PEOPLE IN PEEL REGION HAVE HAD A
LOVE AFFAIR WITH WASAGA BEACH
FOR WELL OVER A CENTURY

Are you a property owner, seasonal/part time resident
or perhaps just someone who loves "The Beach"
and wish to know what is happening in our once
World Famous Beach Resort?

Be Aware! Become Engaged!

What's Happening in "The Beach"?

**With little or no public engagement, the current mayor & council
are making decisions and spending taxpayers' money.**

Changes to the once applauded Downtown Master Plan will effect Wasaga
Beach for years to come. Our once famous Main Beach Areas are being sliced
up and offered to developers, forever altering our historic beachfront and what
it means to you and future generations.

**For the love of Wasaga Beach and your tax dollars...
Be Aware! Become Engaged!**

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Design by Beach BOOSTER Media Group

April 1, 2021

PEEL WEEKLY NEWS



Your Weekly HOROSCOPE

**KNOW WHAT LIES
AHEAD
FOR YOU THIS WEEK
Week of April, 1 to 7**

ARIES (March 21 to April 19): Relations with others are warm and friendly today, which is why you will be popular with everyone you encounter. Enjoy the company of others! This is also a great day to shop for wardrobe items for yourself.

TAURUS: (April 20 to May 20): Solitude in beautiful surroundings will please you today. Enjoy this chance for some privacy in a pleasant, replenishing way. (A brief time will restore you and make you feel happier.)

GEMINI: (May 21 to June 20) This top-billing doctor - who charged the province for performing a procedure at a rate expert said was

medically impossible - has had his licence suspended for four months.

(May 21 to June 20) Friendships with artistic, creative people will delight you today because relations with others are so warm and friendly! (In fact, a friend might become a lover.

CANCER (June 21 to July 22) You make an excellent impression on bosses, parents, teachers and VIPs today. Very likely, someone will ask for your creative advice about something. Be open to whatever comes your way.

LEO (July 23 to Aug. 22) Ideally, this is the perfect day to travel for pleasure, which might be impossible. However,

you can travel and expand your world through the internet, reading books or talking to people from other cultures.

VIRGO: (Aug. 23 to Sept. 22) Keep your pockets open, because gifts, goodies and favours from others will come your way today. This is also a passionate, romantic day for some.

LIBRA: (Sept. 23 to Oct. 22) Relations with partners and close friends are excellent today. It's a good day to form partnerships and friendships with others.

SCORPIO (Oct. 23 to Nov. 21) You might receive praise or even a raise that is work-related today. Your health will improve as well. Many of

you will enjoy fun times with a pet.

SAGITTARIUS (Nov. 22 to Dec. 21) This is a lovely day! You want the freedom to do your own thing. You will definitely enjoy schmoozing with others, plus anything to do with sports and fun activities with kids.

CAPRICORN (Dec. 22 to Jan. 19) A discussion with a parent could be important today. Meanwhile, you will enjoy redecorating where you live.

AQUARIUS (Jan. 20 to Feb. 18) Look around you, because today you will appreciate the beauty of your daily surroundings. You also might be gratified to see how much love there is in your daily world.

PISCES (Feb. 19 to March 20) This is a good money day. Trust your money-making ideas. Meanwhile, this is also a great day to shop for beautiful things for yourself and loved ones. Caching!

IF YOU WERE BORN TODAY

You are hardworking, ambitious and results oriented. You often work alone, independently. You enjoy challenges and can overcome adversity. Service to others will be an important theme this year, especially within your family. Therefore, take care of yourself so you can be a strong resource. Meanwhile, decide to invest in the relationships that you value. Hang out with quality people



LIFE TIPS WITH LIFE COACH SAM JESSO

marriage. The next step is telling your husband what happened and why it happened. You have to accept the potential that he will not want to stay in the relationship despite your honesty. In

the event he decides to stay in the marriage, you have a long hard road ahead of you to earn his trust. He may have conditions to staying and you'll have to examine those and decide if you can live with his conditions. Regardless of all that, you'll need help in the form of counseling, betrayal to most is worse than death. I'd suggest counseling individually and if and when the counselors feel you're ready for couples counseling you'll go

together. You both have to accept the fact that counseling may reveal it's time to part ways. There are a lot of unknowns just be patient and again this is not going to be easy.

If you stepped outside the marriage due to emotional or physical abuse or harm that's come to you at his hands then I'd suggest you get out now. I don't suspect this is the case because your question implies you want to save the marriage. You'll be lying to yourself if you think you can simply stop, you won't, unless you determine why you stepped outside the marriage and address the issue/s that led you to that act.

Lastly, Understand the risk upon disclosure is that your husband could very well decide to end the

marriage. And when he asks why, and he will, having carefully thought that out and being very transparent may help the both of you bring closure or serve as the foundation to rebuild.

I want to reiterate this is not going to be an easy task, it may take months it may take years and years and years to rebuild and the relationship may never be the same.

I sincerely wish you the best of luck and hope you're able to save your marriage.

It's my honour to serve you! God Bless you, I would love to hear from you!

You can reach me at: samjesso@yahoo.com

Hi Sam.

I am married, but I had an affair with someone, but now he is threatening to ruin my married life. What should I do?

Answer: As a suggestion, perhaps you should sit down and be very honest with yourself and figure out "why" you stepped outside the marriage. Once you've determined why you've stepped outside the marriage then decide what if anything your partner could do to address the reasons you stepped outside the

April 1, 2021

PEEL WEEKLY NEWS

health&fitness

HOW OFTEN SHOULD YOU EAT?

In our race to be the biggest loser, most of us go after different diets. The trusted and age-old three-meals-a-day concept works for some, while others swear by the new-age eight-meals-a-day. Most of us have been brought up on the notion that having untimely in-between meal snacks, is one of the major causes of weight gain. Of late, however, a number of trainers, nutritionists and dieticians have come up with the 'six-to-eight-meals-a-day' plan. And many Bollywood actors and actresses claim that following such diets have made them the biggest losers.

They believe that in-between snacks help them stay slim and this regular intake also boosts metabolism. However, there are health gurus and trainers who believe that eating too many meals may just work against you and increase your weight. Read on to find out what the experts have to say...

Eat six to eight meals a day

Eat to burn! This can be one of the easiest and most reliable ways to ensure fat loss. Digestion itself is a calorie-burning activity. For every calorie you ingest, your body uses some to burn what you are eating. The question is, how do you make this wonderful feature of your body work for you? This is the essential principle behind the practice of frequent eating where eating at shorter intervals (six to eight meals a day or more!) enables your body to use more calories to aid digestion. When you constantly provide fuel to your body, it means you are also ticking your body to work. Keep working, keep burning. This is called the thermogenic effect of food and it is not only an incredibly smart way of losing weight, it also helps you increase your BMR (Basal Metabolic Rate).

I like to call this the Internal Workout — because by continually making it work for digestion, you're giving your body a workout. And while you may not be able to see the furious digestive activity going on in your body at any point in time, trust



me, your body is working way harder than if you eat at longer intervals (three-to-four meals a day).

More meals means less stored fat

Eating six to eight meals a day rather than three, is better because it boosts metabolism, controls blood sugar levels and helps in weight management.

Consuming three meals increases the likelihood that one will start an exercise regime with a low blood sugar level. For instance, if we eat lunch around noon, generally our second meal of the day, we would not have much energy for an optimal, calorie-burning workout in the evening.

On the other hand, if we follow a six-meal-a-day plan and have a small meal around noon and another meal around 3 pm, our blood sugar level would be more stable, providing us with more energy for our workout. Cortisol, a hormone, breaks down body fat. However, if we eat a large, high-calorie meal, cortisol is produced in large quantities, but transports the fat from under the skin to deep within the abdominal cavity. This increases the risk of chronic diseases including abdominal

obesity, heart disease and diabetes.

Incorporating a six-meal-a-day plan into one's routine decreases the magnitude of cortisol production.

Eating within 30 minutes of every exercise session enables our muscles to maximally replenish the glucose we used during the workout. Consuming another meal two hours after the post-workout meal further enhances post-exercise recovery and replenishment.

Eating every three-to-four hours can ward off hunger and prevent binges that lead to weight gain. It also maintains metabolism and can help regulate proper digestion to prevent gastrointestinal discomfort.

When people consume the same number of calories in one single daily meal rather than three, they show significant increase in blood pressure, total cholesterol levels and levels of 'bad' LDL cholesterol.

Eight meals increase our energy levels, accelerate muscle growth, and speed up our metabolism without storing fat. In fact, frequent eating will actually allow us to eat up to 50 per cent more calories without storing an ounce of it as fat.



EARLY, LATE MENOPAUSE MAY INCREASE RISK OF DIABETES

Women who begin menopause before age 46 or after 55 have an increased risk of developing Type 2 diabetes, according to a study.

The study found that women who had their final menstrual period before age 46 were 25 per cent more likely to develop Type 2 diabetes, compared to women who had their final period between ages 46 and 55.

Women who had their final period after age 55 had a 12 per cent increased risk of developing diabetes.

The study, published in the journal *Menopause*, showed that after menopause, estrogen levels decline and this puts women at higher risk to increased body fat and appetite, decreased metabolism and high blood-sugar levels. "Our study suggests the optimal window for menopause and diabetes risk is between the ages of 46 and 55. Women who start menopause before or after that window should be aware that they are at higher risk, and should be especially vigilant about reducing obesity, eating a healthy diet and exercising. These lifestyle changes will help to reduce their risk for type 2 diabetes," Erin LeBlanc, Researcher, Kaiser Permanente Center for Health Research said.

For the study, the researchers took samples of more than 1,24,000 women enrolled in the Women's Health Initiative — a large trial aimed at preventing disease in postmenopausal women. The study also found an association between the length of a woman's lifetime reproductive cycle and her risk of developing type 2 diabetes. The study also suggested that women with the shortest lifetime reproductive cycles (less than 30 years) were 37 per cent more likely to develop diabetes than those with medium length reproductive cycles (36 to 40 years). Women with the longest reproductive cycles (more than 45 years) were 23 per cent more likely to develop diabetes compared to women with medium length reproductive cycles, revealed the study.

Elderly don't retire from sex regardless of age

Contrary to popular perceptions that older adults' love lives are ancient history, many seniors are anything but retired from sex, a new study suggests.

Rather than diminishing with age, some seniors' libidos catch fire and sexual activity takes on greater importance with their abundance of leisure time in later life, the study said.

Some of these vivacious seniors are finding their golden years to be an optimal time for exploring new dimensions of their sexuality, said researcher Liza Berdychevsky, Professor at the University of Illinois in Chicago.

The researchers examined the importance of and constraints on sexuality in older adulthood — as well as people's strategies for staying sexually active throughout their later years.

The researchers analysed a full year of conversations about sex that occurred on 14 leading online communities that target people aged 50 and over.

The study sample included English-speaking websites based in Australia,



Canada, Britain and the US. While some seniors were content with

retiring from sex, many others emphasised that they "remained sexually able, interested

and active," the researchers found.

"Although some older adults reported abstaining from sexual activity due to health conditions or loss of interest, others refused to renounce sexual activity. Their health problems or society's ageist stereotypes that portray seniors as asexual were not going to become excuses to give up on life — or sex," Berdychevsky said.

A sense of impending mortality inspired some older adults to cast aside sexual inhibitions or stereotypes that constrained their behaviour when they were younger and to begin exploring new activities or aspects of their sexuality, according to the study published in the journal *Leisure Sciences*.

Learning to appreciate what they had — whether it was enjoying foreplay in lieu of intercourse, focusing on quality instead of quantity, or finding mental richness and life experience as arousing as a youthful physique — enabled some older adults to adjust their sexual expectations to the realities of aging and their health conditions, Berdychevsky noted.

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Experts to reveal details on Covid origins as leaders urge pandemic treaty

International experts will on Tuesday unveil a report into the origins of Covid-19, as world leaders called for a global treaty to better tackle future pandemics.

AFP obtained a copy of the final report ahead of its official publication, which concludes that the virus very likely jumped to humans from bats via an intermediary animal. It all but rules out the theory that it originated from a lab, but the World Health Organisation (WHO) chief said all hypotheses on the pandemic's origins remained open and needed further study. The report, by experts convened by the WHO, was released more than a year into the pandemic that has killed nearly 2.8

million people worldwide, with several countries battling new waves of infections.

Be ready

World leaders called for a new international treaty to better fight future pandemics and for countries to be ready if - or when - another hits.

"Together, we must be better prepared to predict, prevent, detect, assess and effectively respond to pandemics in a highly coordinated fashion," they urged.

The call came in a joint article published in international newspapers on Tuesday, penned by leaders from more than 20 countries - including Germany, France, South Korea and South Africa - along with the



European Union and the WHO.

Speaking ahead of its publication, WHO Director-General Tedros Adhanom Ghebreyesus urged the world to not waste any time in preparing for the next pandemic.

"The time to act is now. The world cannot afford to wait until the pandemic is over to start planning for the next one," Tedros told a virtual press conference.

'Urgent action'

The expert report on the origins of Covid-19 has had a troubled birth, with publication delays adding to the hold-ups and diplomatic wrangling that plagued the WHO's attempts to get experts into Wuhan - the city at the centre of the initial outbreak.

They finally arrived on January 14, more than a year after the first cases surfaced.

Experts believe the

SARS-CoV-2 virus that causes Covid-19 originally came from bats.

The report authors judged that the most likely scenario was that it had made a direct leap to humans, while not ruling out other theories.

Beijing's theory that the virus did not originate in China at all but was imported in frozen food was judged "possible" but very unlikely.

Claims promoted by former US president Donald Trump's administration that the virus escaped from a research lab were judged "extremely unlikely."

Meanwhile, UN chief António Manuel de Oliveira Guterres called for more debt relief for the poorest countries struggling with economic fallout from the pandemic.

He urged a "new debt mechanism" allowing such options as debt swaps, buy-backs and cancellations to help worse-off countries.

Addressing an online forum that included dozens of world leaders, he said the pandemic has pushed the world to "the verge of a debt crisis" and required "urgent action."

"We need to change the rules," he argued. 'System under strain' More than a year into the pandemic, several countries are grappling with new waves of the virus, prompting a

scramble to contain outbreaks with fresh anti-virus measures.

Italy said Tuesday it would impose a five-day quarantine on travellers arriving from other EU countries, while Germany will beef up checks along land borders to ensure people arriving have negative Covid tests.

In France, President Emmanuel Macron may announce new measures this week after partial regional shutdowns failed to keep the number of people in intensive care below its second-wave peak.

And new government data from Mexico showed that it had registered 294,287 Covid-19 deaths - substantially more than previously recorded, and the third-highest in the world behind Brazil and the United States.

On the vaccine front there was some good news Tuesday as the German firm BioNTech said it was on track to manufacture 2.5 billion doses of its Covid-19 vaccine this year with US partner Pfizer, 25 percent more than expected.

Meanwhile in Papua New Guinea, a sports centre was converted into a makeshift hospital to cope with surging coronavirus infections in the impoverished nation.

A shortage of nurses and doctors was further straining a system under stress.

"We've got nurses and doctors in tears at the moment, working back-to-back night shift/day shift," Matt Cannon, chief executive of St John Ambulance Papua New Guinea, told AFP.

"The system's under strain," he added. "It's putting them under immense strain."

Falling redwood tree kills California parents of five children

A fluke accident has left five children without their parents in California.

A redwood tree fell on the car of Jessica Woodruff, 45, and Jake Woodruff, 36, while they were driving on Route-199, according to a GoFundMe and reported by PEOPLE.



east side of the road onto their Honda.

"This is a very forested area," Brandy Gonzalez, a spokesperson for the CHP office in Crescent City, told SFGate. "We have trees everywhere. It's in the middle of the redwoods. It's just old growth and we have no idea why the tree fell. It was Mother Nature."

The couple were parents to Megan, Evan, Casey, Allie, and Chelsea, according to the GoFundMe.

"There is no getting around the devastation and trauma the loss of Jessica and Jake has brought, and as we can all imagine, there is a long road ahead, especially for the children who

have been left behind," the GoFundMe page says.

According to Wild Rivers Outpost the two oldest children, from Jessica Woodruff's prior relationship, "immediately stepped up to take on raising their younger siblings."

April 1, 2021

PEEL WEEKLY NEWS

Women

WAYS TO EXPRESS LOVE FOR YOUR MAN

Women love to hear the three magical words 'I love you' but when it comes to men, things might work a bit differently. Men are not so much into verbal pronunciation of love and may want to see things done for them instead of mere mention of words. Dr Pavan Sonar, psychiatrist and relationship counsellor says, "There are many ways to express love to your man other than saying 'I love you'. It makes them feel special when they know they have your 100 per cent attention. This can be done by showing physical appreciation so don't shy away from giving him lots of hugs and cuddles. He will definitely notice the special touch in the way you caress him." So if you want to show the man in your life how much you care, try these things and see him smile.

Don't ignore him when together

Give your man your undivided attention and show him that he is your priority. When you're together, spend time without any intrusion. Avoid checking your phone often, taking calls or diverting your attention from him. Focus on what he is saying and doing. Maintain eye contact, hold hands and simply have time only for him.

Rustle up his favourite meal

It's known that best way to a man's heart is through his stomach. So, rustle up his favourite meal even if there is no special occasion. The fact that you know what he likes when it comes to food, shows that you care a lot about him.

Dress up the way he likes

Wearing that dress which he loves to see you in, sends his brains the right signals. It shows you desire him,



value his liking and want to look good for him. So, once in a while just doll up his way!

Admire him genuinely

Who doesn't like compliments? While women attract a lot of them, men have to make do with fewer ones. However, men like genuine compliments whether it is for their looks, attire, manners or their work. "It's difficult for men to pick up subtleties in conversations when it comes to admiration if they don't expect it. Thus, a direct dialogue with them is advised to avoid misunderstandings," says psychotherapist Kunjal Shah. You will see him glow after the compliment as you admire him for his traits making him feel secure as to why you opted for him over other guys.

Take his advice

Any man will feel important when you seek his guidance on various problems that you may be facing. It shows that you trust his opinion on important aspects and that you value

his judgment. It makes them feel competent and useful.

Say 'Thank You'

It is a joint responsibility to maintain the house, but many times women take it for granted when men do routine chores in their absence. Men also have extra energy for additional tasks and if you have such a man in your life don't forget to give due to his good deeds and express your feelings. Saying thanks will infuse positive energy in your relationship.

Be a good listener

Even men have issues bothering them whether at home or at work. When these reach a limit, allow him to vent and help release all that tension. "As compared to women, men are less expressive when it comes to talking about their emotions. They often think logically and fear being ridiculed. So, whenever a man wants to open up to his partner, he wants her to be more empathic and listening.

Source: TOI

FOOD

CAULIFLOWER FRIED RICE

Ingredients

- 1 whole cauliflower (try to pick a large one)
- 1 chopped red bell pepper
- 1 packet of baby corn
- 1 packet of mushrooms
- 3 spring onions
- 1 tablespoon of soy sauce
- 6-7 pods of chopped garlic
- salt and pepper to taste

Method

1. Cut off all the leaves and the stem of the cauliflower and chop it up into smaller pieces. Wash thoroughly in case of any dirt or worms.
2. Add the cauliflower bits in batches into your food processor or a dry grinder. Blitz till they become crumbly. Do not add any water at all to the cauliflower this is a dry grind or else it will be a disaster.
3. Once you have the cauliflower into this fine crumbly rice or cous cous like texture leave it aside and chop all the other vegetables and ingredients.
4. Heat some oil in a pan or wok and add the cauliflower so you can cook/roast it for about 5-7 minutes. Keep stirring. The cauliflower won't take very long to cook.



5. Add the chopped garlic and let it cook a bit, then add the spring onions, the whites and some of the greens, keep some greens to garnish later and mix it all together.

6. To this add the peppers and baby corn. Sprinkle a little salt n pepper on the peppers and baby corn to season them. Mix all the ingredients and cauliflower together.
7. Add the mushrooms and again season them with salt n pepper before they cook. Once they cook and start to release their water mix it into the other ingredients. The reason we season the ingredients separately first is because we don't add salt to the cauliflower as eventually we will add the soy sauce that has plenty of salt but the vegetables will not catch the flavour so we need to season them slightly.
8. Mix everything together and lastly add the soy sauce. As mention since we've added the soy sauce there is no need to add extra salt but if you taste it and feel you need to please go right ahead.
9. Once it's all mixed together, garnish with the leftover spring onions, serve hot and enjoy!



PERFECT LIP COLOURS TO PICK THIS SEASON

Lipstick adds another dimension to your look. If you want to play with your look, then opt for hues of orange, black or purple this festive season, says an expert.

Gunjan Gaur, Make-up Expert and Executive Director of ALPS Cosmetic Clinic, has listed some of the hottest shades.

- **CLASSIC RED:** The season has been all about standing out with classic red. This colour never fades and works well for every occasion.
- **PLAY WITH ORANGE:** Wear orange and more of orange shades this season. The versatility of this colour is perfect to get along with any dress and works well on every skin tone.
- **SHADES OF BROWN:** When it comes to brown shade, it is all about a glowing look. Most of you can sport the colour with a minimalistic look, and highlight the shade.
- **GET BOLD WITH PURPLE:** For this make-up look, you can either play it down by wearing a monochrome outfit or play it up by contrasting an equally bright colour with your eyeliner.
- **BE DRAMATIC WITH BLACK:** A strong black shade can give a little dramatic look at evening parties. It is about thick and full ombre lips that can be tried to play a different look altogether.

DETOX YOUR SKIN AND HAIR

As much as one needs to prepare their skin and hair to look great before the festivities, all the styling and makeup can damage the same. To make sure you keep glowing, here are a few tips for you.

Skincare

Use a mix of gramflour, curd and rose water to remove the dead skin cells that have formed on your skin because of wearing makeup.

Beautician Nishi Mulchandani says, "If you have tanning, use a thick paste of grounded almond with a spoonful of milk every morning. You can repeat the same in the evening by adding a hint of lavender essential oil to it."

Lime juice is an excellent way to treat skin that has been exposed to makeup and the harmful UV rays of the sun. You can also mix a teaspoon of honey along with this to keep your skin flawless.

Beauty professional Hina Shah says, "A cleanup is a must after the festivities. This will help restore the skin's glow and will also ensure that your skin is well nourished. Also, remember to drink at least eight glasses of water on a daily basis so that your skin stays moisturised."

Hair care

Take a head massage with a mixture of jojoba and rosemary oil or coconut oil. This will provide your hair with ample nutrition.

If you have a sensitive scalp skin, also add a few drops of lemon juice to avoid any infection that can happen due to the use of various styling products.

Use a mild shampoo and conditioner on your hair at least twice in a week. You can alternatively also use an essential oil in the night just before bedtime.

Take two tablespoons olive oil with four tablespoons of honey and a few drops of lemon juice. Mix them well and apply this pack to your hair and scalp. Leave it on for half an hour and rinse it off with mild shampoo with warm water. This pack will nourish your hair and scalp.

Hair professional Shaila Batra says, "Use protein in any form on your hair. Let it seep into your scalp. For this, you have to keep the protein pack on for at least three hours. You can either use 'shikakai' or 'reetha' to wash your hair."

Sometimes, the use of henna also helps restore the volume in your hair. You can try using a pack of henna, coffee, tea liquor and lime.

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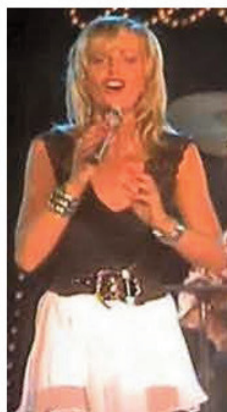
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